

**ABSTRACT OF THE DISCLOSURE**

An adjustable regulator insert for valves includes inflow openings and outflow openings, the outflow openings being closed off in response to a difference in pressure across the insert under the influence of a spring that seeks to keep the outflow openings open. The insert is furthermore provided with means for adjustably closing off the inflow openings. The insert is configured such that a certain degree of adjustable closure of the inflow openings entails a compression of the spring which is inversely proportionate with the closure. Hereby an approximately linear equilibrium between the degree of closure of the inflow openings and the flow through the insert is accomplished.